



# North Western Sydney Region 2024 Calendar of events

Breastfeeding Helpline  
1800 mum 2 mum

1800 686 268

Whether you are awaiting the arrival of your first baby, breastfeeding or bottle feeding - all mothers, fathers, their children, support people and friends are most welcome to attend our meetings and social gatherings. Our meetings are very informal and while a nominated topic is set for most meetings, there is always an opportunity to discuss other topics of interest as a group or individually with a counsellor. Most meetings are at **Marayong Hotel** (Blacktown), **Glenhaven Community Centre** (The Hills) & **Hotel Pennant Hills** (Hornsby)

**See the ABA website calendar for events and updates [breastfeeding.asn.au/](http://breastfeeding.asn.au/)**

We look forward to meeting you. Bronwyn, Bec and Sam Group Leaders for the Blacktown, The Hills and Hornsby

Fri 21 June 10am	Why is my Baby Crying? Could it be reflux?	The Hills Group
Tue 25 June 10am	Weaning	Blacktown Group
Thu 27 June 10am	Breastfeeding & Returning to Work	Hornsby Group
Fri 5 July 10am	Breastfeeding & Intimacy	The Hills Group
Tues 9 July 10am	Holiday Play Breastfeeding Q&A Kings Park	Blacktown Group
Wed 17 July 10am	Milk, Mush & Mess - introducing solids	Hornsby Group
Tue 23 July 10am	Breastfeeding & the Early Days	Blacktown Group
Thu 25 July 10am	Sleep and Breastfeeding	Hornsby Group
Fri 2 Aug 10am	Motherhood: Making it work wherever you are at. World Breastfeeding Week 1-8 Aug	The Hills Group
Wed 7 Aug 10am	Beyond Babyhood - feeding & weaning	Hornsby Group
Tue 13 Aug 10am	Baby weight gains & Your Supply	Blacktown Group
Fri 16 Aug 10am	Self-care for mums	The Hills Group
Thu 22 Aug 10am	Avoiding the top up spiral	Hornsby Group
Tues 27 Aug 10am	Expressing & Storing Breastmilk	Blacktown Group
Fri 6 Sept 10am	Breastfeeding and the early daze	The Hills Group
Tues 10 Sept 10am	Introducing Family Foods	Blacktown Group
Wed 11 Sept 10am	Ouch! When breastfeeding hurts	Hornsby Group
Fri 20 Sept 10am	Sleep & Night-time parenting	The Hills Group
Tue 24 Sept 10am	Surviving Summer & Keeping Baby Cool	Blacktown Group
Thu 26 Sept 10am	The parenthood Juggle & finding support	Hornsby Group
Fri 18 Oct 10am	Weight gains and milk supply	The Hills Group
Sat 19 Oct 2-5pm	<i>Book your Breastfeeding Education Class</i>	<i>Pennant Hills</i>
Tue 22 Oct 10am	Breastfeeding and returning to work/study	Blacktown Group
Wed 23 Oct 10am	Childcare feeding - expressing your milk	Hornsby Group
Thu 31 Oct 10am	Feeding Patterns - what's normal?	Hornsby Group

**Blacktown Group Leader  
& Breast Pump Hirer**

Bronwyn 0400 395 531  
[abablacktown@yahoo.com.au](mailto:abablacktown@yahoo.com.au)

**Hills Group Leader  
& Breast pump Hirer**

Bec 0413 849 008  
[aba@abahills.org](mailto:aba@abahills.org)

**Hornsby Group Leader**

Sam 0432 904 842  
[aba.hornsbyberowra@gmail.com](mailto:aba.hornsbyberowra@gmail.com)

**Hornsby Breast Pump Hire  
Enquiries**

Antonia 0418 166 655

**Mother Safe Medication  
Info Line 9382 6539**

**Poisons Information**  
13 11 26

Breastfeeding Helpline  
**1800 686 268**

The Breastfeeding  
Helpline is supported by  
funding from the  
Australian Government



**Please check for any changes of date/venue on facebook  
ABA Sydney North West Region OR the calendar at [breastfeeding.asn.au](http://breastfeeding.asn.au)**